

I CLAIM:

1. A stepping exerciser comprising:
a base including a seat provided thereon,
a follower rotatably attached to said base, and including an
5 axle and a shaft extended therefrom,
two foot supports rotatably attached to said follower with said
axle, and rotatable up and down relative to said base, and rotatable
relative to said base together with said follower,
two actuators rotatably attached to said follower with said shaft,
10 and rotatable relative to said base together with said follower, each
of said actuators including a pole extended therefrom for engaging
with said seat of said base, to force said follower to rotate relative to
said base when said actuators are caused to rotate relative to said
shaft of said follower, and
15 means for coupling said foot supports to said actuators, to
rotate said actuators relative to said shaft of said follower when said
foot supports are rotated up and down relative to said base.
2. The stepping exerciser as claimed in claim 1, wherein said
coupling means includes two levers extended from said actuators
20 respectively, and two links coupled between said foot supports and
said actuators respectively, to allow said actuators to be rotated
relative to said shaft of said follower by said foot supports.
3. The stepping exerciser as claimed in claim 1, wherein said
seat of said base is inclined toward said follower.
- 25 4. The stepping exerciser as claimed in claim 1, wherein said
base includes a pad engaged onto said seat, for engaging with said
pole of said actuator.

5. The stepping exerciser as claimed in claim 1 further comprising means for providing resistive force against said foot supports.

6. The stepping exerciser as claimed in claim 1 further
5 comprising two handles detachably attached to said follower.

7. The stepping exerciser as claimed in claim 6, wherein said follower includes two arms attached to said shaft, to support said handles respectively.

8. The stepping exerciser as claimed in claim 7, wherein each
10 of said arms includes a bracket rotatably attached to said shaft.

9. The stepping exerciser as claimed in claim 7, wherein each of said arms includes an opening formed therein to receive said handles respectively.

10. The stepping exerciser as claimed in claim 7, wherein each
15 of said arms includes a bar coupled to said foot supports.